Honey Spiced Almond Trail Mix

Recipe by Chef Marvin Woods

Yield: Makes about 4 1/2 cups

Preparation Time: Approx. 20 minutes

Ingredients

2 tablespoons canola oil

3 cups raw, unsalted almonds

½ cup honey

1/8 teaspoon smoked paprika

1/8 teaspoon ancho chili powder

1/4 teaspoon nutmeg

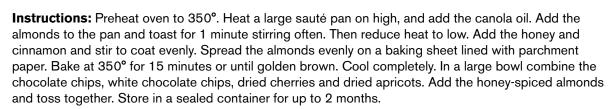
1/4 teaspoon cinnamon

1/4 cup chocolate chips

1/4 cup white chocolate chips

1/2 cup dried cherries

½ cup finely chopped dried apricots



Total Nutrition Facts (per serving)
Calories:208
Total Fat12.9g
Saturated Fat 1.7g
Trans Fat0.11g
Cholesterol 0mg
Sodium
Total Carb21.3g
Dietary Fiber 3.5g
Sugars
Protein



